

Dutch Oven Pot Roast

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Pot Roast is any "tough" cut like a shoulder roast. With these cuts, low and slow is the best way to cook!

Ingredients

- 2 TBSP Olive oil
- 1/2 Red onion sliced
- 2# Roast
- Salt/Pepper
- minced garlic
- Potatoes
- Carrots

INSTRUCTIONS

1. Preheat oven to 300
2. Heat your dutch oven on the stove top
3. Coat your roast with olive oil, sprinkling with salt and pepper
4. Sear the roast in your hot dutch oven, doing each side for 2-5 min. Make sure it sizzles when you put it in. If it doesn't, your dutch oven isn't hot enough.
5. Reduce heat to medium and add onions.
6. Add minced garlic and beef broth making sure it covers at least 1/2 way up the roast. NOTE: Add as much garlic as your family likes. We do 3 cloves.
7. Cover and bake an hour at 300. then check the liquid level. Add more if needed.
8. Add Potatoes and Carrots. Return to the oven for another 2 hours.

Note: if your roast is done but your potatoes aren't, remove roast, wrap in tin foil and place in the microwave. Increase the oven to 400. Cook till soft, then place the warm roast back in and serve!